## Physical Activity Rx

As your health care provider, I strongly recommend that you build in 30 minutes of physical activity everyday. Walking is a good way to start. As you get more fit, try other activities.

Begin with:	5 minute walk	_ times a day
	10 minute walk	_ times a day
	20 minute walk	_ times a day
Health Care Provider's Signature		
I Plan to Start		
Patient's Signature		

## Be Active It's Your Life

\_\_\_ days a week
days a week

\_\_\_ days a week



## Other activities may include:

- Take a dog for a walk.
- Take a walk break instead of a coffee break.
- Play outside with your child.
- Join a walking club.
- · Enroll in dance classes.
- Mow your yard.
- Do something active with a friend.

For more information, contact your health care provider.



SC Diabetes Control Program